

<b>Philadelphia University</b>	 <b>PHILADELPHIA UNIVERSITY</b> <small>THE WAY TO THE FUTURE</small>	<b>Approval date:</b>
<b>Faculty: Allied Medical Sciences</b>		<b>Version: 1</b>
<b>Department: Physiotherapy</b>		<b>Credit hours: 1</b>
<b>Academic year 2024/2025</b>		<b>Bachelor</b>

### Course information

Course#	Course title	Pre-requisite	
<b>1120322</b>	<b>Therapeutic Exercise (2)-clinical</b>	<b>Co 1120321</b>	
Course type		Class time	Room #
<input type="checkbox"/> University Requirement <input checked="" type="checkbox"/> Major Requirement <input type="checkbox"/> Faculty <input type="checkbox"/> Elective <input checked="" type="checkbox"/> Compulsory		<b>Sunday –Tuesday (10:15-12:15)</b> <b>Sunday (12:15-14:15)</b> <b>Tuesday (14:15-16:00)</b>	<b>9513</b>

Course Level*	Hours No.*
<input type="checkbox"/> 6 <sup>th</sup> <input checked="" type="checkbox"/> 7 <sup>th</sup> <input type="checkbox"/> 8 <sup>th</sup> <input type="checkbox"/> 9 <sup>th</sup>	<b>1</b>

### Instructor Information

Name	Office No.	Phone No.	Office Hours	E-mail
<b>Assistant Professor Dr.Atef M. Doweir</b>	<b>61-215</b>	<b>2336</b>	<b>-Sat (12:15-14:15)</b>	<a href="mailto:adoweir@philadelphia.edu.jo">adoweir@philadelphia.edu.jo</a>
			<b>Monday(12:15-16:00)</b>	

### Course Delivery Method

Course Delivery Method			
<input checked="" type="checkbox"/> <b>Physical</b> <input type="checkbox"/> <b>Online</b> <input type="checkbox"/> <b>Blended</b>			
Learning Model			
Percentage	Synchronous	Asynchronous	Physical
			<b>100 %</b>

## Course Description

This course focus on therapeutic specialized therapeutic exercise techniques. . Topics covered in the course include special strength exercises (mechanical strength), massage techniques, self-stretch techniques, basic principles of joints mobilization, PNF and nerve gliding.

## Course Learning Outcomes

	Number	Outcomes	Corresponding Program outcomes
<b>Knowledge</b>			
1	<b>K1</b>	Conclude the principles of therapeutic modalities.	<b>KP1</b>
2	<b>K2</b>	Develop relevant therapeutic modalities that address the client's needs in response to sound .evaluation	<b>KP2</b>
<b>Skills</b>			
1	<b>S1</b>	Analyze muscle balance, neuromuscular facilitation techniques.	<b>SP1</b>
2	<b>S2</b>	Emphasize different mobilization techniques	<b>SP2</b>
<b>Competencies</b>			
1	<b>C1</b>	Apply the neuromuscular facilitation techniques of muscles and manual massage techniques.	<b>CP1</b>
2	<b>C2</b>	Apply the mobilization skills for joints of the body.	<b>CP1</b>

## Learning Resources

Course textbook	Therapeutic Exercise Foundation And Techniques, Carolyn Kisner.Lynn Allen Colby, Davis plus-Philadelphia, latest EDITION.
Supporting References	Therapeutic Exercise Techniques and Intervention, William D. Bandy and Barbara Sanders. *Therapeutic modalities in Rehabilitation, edited by William E. Prentice, 3rd edition, Mc Grow Hill Comp.2019
Supporting websites	www.Medicine.com www.Medscape.com www.Biomedcentral.com www.sport injury clinic.net
Teaching Environment	<input type="checkbox"/> Classroom <input checked="" type="checkbox"/> laboratory <input type="checkbox"/> Learning platform <input type="checkbox"/> Other

## Meetings and subjects timetable

<b>Week</b>	<b>Topic</b>	<b>Learning Methods</b>	<b>Learning Material</b>
<b>Week 1</b> <b>12, 14 October</b>	<b>Course syllabus, Vision, Mission, Aim and LO of the Program</b> <b>-introduction to therapeutic exercises II</b>	<b>Practical</b>	<b>Vision, Mission, Aim and ILOs of the Program</b>
<b>Week 2</b> <b>19,21 October</b>	<b>Apply techniques for Cervical and lumbar stretching</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 3</b> <b>26, 28 October</b>	<b>Apply self-stretching techniques upper limb</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 4</b> <b>2,4 November</b>	<b>Apply self-stretching techniques lower limb</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 5</b> <b>9,11 November</b>	<b>Training on Upper limb PNF</b> <b>Quiz 1</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 6</b> <b>16,18 November</b>	<b>Training on lower limb PNF</b> <b>Assignment</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 7</b> <b>23,25 November</b>	<b>Revision</b>	<b>Exam</b>	<b>Exam</b>
<b>Week 8</b>	<b>Midterm</b>	<b>Exam</b>	<b>Exam</b>
<b>Week 9</b> <b>7,9 December</b>	<b>Apply different therapeutic massage techniques</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 10</b> <b>14,16 December</b>	<b>Apply Gleno-humeral mobilization</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 11</b> <b>21, 23 December</b>	<b>Apply Wrist and hand mobilization</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 12</b> <b>28, 30 December</b>	<b>Apply Hip mobilization</b> <b>Quiz 2</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>

<b>Week 13</b> <b>4,6 January</b>	<b>Apply Ankle mobilization</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 14</b> <b>11, 13 January</b>	<b>Apply Nerve gliding</b>	<b>Practical</b>	<b>Pre-prepared Presentations Text book reference</b>
<b>Week 15</b> <b>18, 20 January</b>	<b>Revision</b>	<b>Practical</b>	
<b>Week 16</b>	<b>Final exam</b>		

### Course Contributing to Learner Skill Development

Using Technology
Learnt evidence based assessment tools in this course will develop their critical thinking and problem solving skills
Communication skills
Develops interpersonal skills while interacting with the simulator
Application of concepts learnt
Learnt concepts in this course will facilitate critical thinking, clinical reasoning and decision making skills while assessing the patients/simulator

### Assessment Methods and Grade Distribution

Assessment Methods	Grade Weight	Assessment Time (Week No.)	Link to Course Outcomes
<b>Midterm exam</b>	<b>30%</b>	Week 7-8	<b>K1 &amp;K2</b>
<b>Term Work*</b> 1) Quiz* (10 %) 2) Quiz* (10 %) 4) <b>Assignment*</b> (20 %)	<b>30%</b>	Quiz 1: 9-11 November Quiz 2:14-16 December <b>Assign: 26 December (due date)</b>	<b>S1, K2&amp; K1</b>
<b>Final Exam</b>	<b>40%</b>	Jan	<b>K 1, 2 &amp; C1, 2</b>
<b>Total</b>	<b>100%</b>		

\* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

**Note: Best three marks will be taken for Term work (30%)**

## Alignment of Course Outcomes with Learning and Assessment Methods

Number	Learning Outcomes	Learning Method*	Assessment Method**
<b>Knowledge</b>			
<b>K1</b>	Conclude the principles of therapeutic modalities.	Practical session	<b>Exam &amp; Quiz</b>
<b>K2</b>	Develop relevant therapeutic modalities that address the client's needs in response to sound evaluation.	Practical session	<b>Exam, Quiz</b>
<b>Skills</b>			
<b>S1</b>	Analyze muscle strengthening mechanically, neuromuscular facilitation techniques.	Practical session	<b>Assignment</b>
<b>S1</b>	.Emphasize different mobilization techniques, self-stretching techniques.	Practical session	<b>Exam, Quiz</b>
<b>Competencies</b>			
<b>C1</b>	Demonstrate the neuromuscular facilitation techniques of muscles.	Practical session	<b>Exam, Quiz</b>
<b>C2</b>	Demonstrate the mobilization skills of the integration musculoskeletal anatomy.	Practical session	<b>Exam, Quiz</b>

\* includes: Lecture, flipped Class, project- based learning, problem solving based learning, collaborative learning  
 \*\* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

## Course Policies

Policy	Policy Requirements
<b>Passing Grade</b>	The minimum pass for the course is (50%) and the minimum final mark is (35%).
<b>Missing Exams</b>	<input type="checkbox"/> Missing an exam/term work without a valid excuse will result in a zero grade to be assigned to the exam or term work <ul style="list-style-type: none"> <li>• A Student who misses an exam or scheduled assessment, for a legitimate reason, must submit an official written excuse within a week from the exam or assessment due date.</li> <li>• A student who has an excuse for missing a final exam should submit the excuse to the dean within three days of the missed exam date.</li> </ul>

<b>Attendance</b>	The student is not allowed to be absent more than (20%) of the total hours prescribed for the course, which equates to Six lecture days. If the student misses more than (20%) of the total hours prescribed for the course without a satisfactory or compulsive excuse accepted by the dean of the faculty, he is prohibited from taking the final exam and his result in that subject is considered (zero), but if the absence is due to illness or a compulsive excuse accepted by the dean of the college that is considered. The article is introduced, it is considered withdrawn from that article, and the provisions of withdrawal shall apply to it.
<b>Academic Honesty</b>	Philadelphia University pays special attention to the issue of academic integrity, and the penalties stipulated in the university's instructions are applied to those who are proven to have committed an act that violates academic integrity, such as cheating, plagiarism (academic theft), collusion, intellectual property rights

### Program Learning Outcomes to be assessed in this Course

Number	Learning Outcome	Course Title	Assessment Method	Target Performance level
<b>KP1</b>	Demonstrate profound and contemporary knowledge in basic, clinical, medical, and psychosocial sciences relevant to physical therapy.	Therapeutic exercises II	<b>Practical Exam &amp; Quiz</b>	75% of students have a minimum score 6 out of 10
<b>KP2</b>	Integrate knowledge and skills gained in basic, clinical, medical, and behavioral sciences and apply them to patient care	Therapeutic exercises II	<b>Practical Exam &amp; Quiz</b>	75% of students have a minimum score 6 out of 10
<b>SP1</b>	Demonstrate competent entry-level skills and abilities to critically reason in terms of screening, evaluation, re-evaluation, diagnosis, prognosis, and development of a plan of care for clients and patients seeking physical therapy services.	Therapeutic exercises II	<b>Assignment</b>	75% of students have a minimum score 6 out of 10
<b>SP2</b>	Demonstrate effective clinical, interpersonal, and communication skills in examination, treatment plan development, and management of various conditions across the life span in the field of physical therapy	Therapeutic exercises II	<b>Practical Exam</b>	75% of students have a minimum

<b>CP1</b>	Develop critical analysis and clinical decision-making skills to integrate basic and clinical knowledge within an evidence-based framework	Therapeutic exercises II	<b>Practical Exam</b>	score 6 out of 10
------------	--	--------------------------	-----------------------	-------------------

### Description of Program Learning Outcome Assessment Method

Number	Detailed Description of Assessment
<b>KP1,2</b>	This intended program learning outcome (IPLO) will be assessed by practical exam
<b>SP1,2</b>	This IPLO will be assessed by using out of class assignment. The following rubrics will be used to evaluate the student's skills.
<b>CP1</b>	This IPLO will be assessed by using practical exam, Quiz

### Assignment Rubrics

	Criteria	Weak (0-2)	Average (3-5)	Satisfactory (6-8)	Competent (9-10)	Score
1	<b>Identify the main issue/ problem</b>	Unable to identify issue/problem in complex situations. Uncertain and unable to assess adequately.	Able to identify an issue/problem in a complex situation but less able to assess adequately.	Able to identify a problem with clarity but moderately able to assess and justify the situation.	Able to identify issue/ problem in a complex situation and able to assess and justify the situation.	___ x 2
2	<b>Analysis of the issue/problem</b>	Unable to analyze issue/problem in complex situations and uncertain and unable to assess adequately.	Able to analyze issue/ problem in a complex situation but less able to assess adequately.	Able to analyze issue/problem with clarity but moderately able to assess and justify the situation.	Able to analyze issue/problem in a complex situation and able to assess and justify the situation.	___ x 2
3	<b>Information management</b>	Poorly updated the information and lack of correlation	Minimum updated information and needs improvement	Adequate updated information lack of correlation	High correlation of information with current trends and advances	___ x 2
4	<b>Relevance and List of references</b>	No relevance and fails to use the references in a correct way	Sufficient relevance, partially fulfill the required number of references	Good relevance, fulfill and appropriate use of references	Excellent relevance and exceed the required number of references	___ x 1

## Guidelines for Assignment

1. Use Times New Roman. The font size for headings is 14 and the font size for text is 12.  
Use 1.5 lines of spacing between sentences in the text.
2. Limit your assignment to a word count of less than 500 words (2 pages).
3. Write your assignment carefully, with more focus on the criteria of the rubrics provided in the course syllabus.
4. Use this plagiarism checker website, <https://www.check-plagiarism.com/>, or Turnitin to check for plagiarism in your assignment. It's free. Take a screen shot of your plagiarism report and submit it along with your assignment. Plagiarism should be less than 20%.
5. Assignments with more than 20% plagiarism will not be accepted and copy from your peer group/uploading assignment in unsupported format will also result in zero grade.
6. On or before due date, submit your assignment via MOODLE.
7. Penalty for late submission: 15% of your marks per day.

**Note: Assignment should be submitted through Moodle only. Other forms of submission will not be accepted for grading. It is your responsibility to sort out any problem arises during assignment submission through Moodle.**